



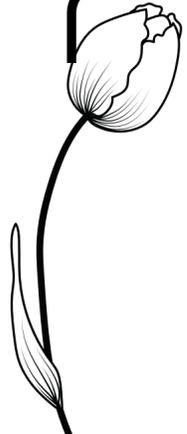
**Rose:** What went well? What brought joy and success?



**Thorn:** What was challenging or didn't work as planned?



**Bud:** What holds potential for growth? What excites you as you look ahead?



**Celebrate and Preserve:**

Keep doing what works



**Adapt and Improve:**

Address the thorns by exploring new strategies



**Plant and Nurture:**

Focus on those promising buds by setting goals

